



## Waukesha County Park System

2016

# SWIM LESSONS

**REGISTRATION BEGINS MAY 2**

**262-548-7801**

*First come, first served*

### SESSION 1

**JULY 11 - 22**

**Menomonee Park  
Naga-Waukee Park**

American Red Cross

**Levels 1-6** (see reverse)

### SESSION 2

**JULY 25 – AUG. 5**

**Fox Brook Park  
Muskego Park**

American Red Cross

**Levels 1- 6** (see reverse)

### **\*\*NEW THIS SUMMER\*\***

### **Junior Lifeguarding Course**

**Who:** Swimmers ages 12-15 who have completed Learn-To-Swim Level 5

**When:** July 25 - August 5 Mon – Fri • 9 am - 10:30 am

**Where:** Fox Brook Park

**Note:** A brief “skills assessment” must be passed by all swimmers on July 25.

**More info:** E-mail [rdavid@waukeshacounty.gov](mailto:rdavid@waukeshacounty.gov)

### **CLASS TIMES:**

Junior Lifeguarding	9 -10:30 am
Learn to Swim Levels 4 • 5 • 6	9 - 9:45 am
Learn to Swim Levels 1 • 2 • 3	10 -10:45 am
Learn to Swim Levels 1 • 2 • 3	11 -11:45 am

### **FEES:**

**Learn to Swim:** \$30 per swimmer  
**Junior Lifeguarding:** \$60 per swimmer

### **AGES:**

Welcome are swimmers 5+ years (as of class start date.)

*Yours Naturally!*



Waukesha County Park System  
Recreation • Education • Preservation

*Note: No refunds will be issued, unless class is cancelled by County Park staff due to low enrollment.*

## AMERICAN RED CROSS SWIM LESSON PROGRAM

# CLASS DESCRIPTIONS

*Swimmers are tested on the first day of class for appropriate placement. We reserve the right to move students to the correct level. It is not unusual for students to repeat a level.*

### **Level 1 – “Introduction to Water Skills”**

Level 1 teaches age appropriate basic water safety and swimming skills to help children feel comfortable in and around the water. Skills practiced include bobbing underwater, back float, and fundamentals of swimming such as kicking and arm movement.

### **Level 2 – “Fundamental Aquatic Skills”**

Level 2 builds upon skills covered in Level 1, prepares students for further development in Level 3, and continues to build students' confidence in the water. Students continue practice with floating, glides, and swimming underwater. At this level, students continue working on kicks and arm movement, and begin to put together the arm and leg actions – this introduces them to two major swimming strokes: front crawl and elementary backstroke.

### **Level 3 – “Stroke Development”**

Level 3 students learn various floats and continue work on front crawl and elementary backstroke. Students are introduced to components of breaststroke, back crawl, and dolphin kick. It is not uncommon for students to repeat this level.

### **Level 4 – “Stroke Improvement”**

Swimmers continue to practice and improve learned swimming strokes from Level 3. At this level, students are encouraged to begin using these strokes to swim greater distances. Students are introduced to scissors kick, which will later lead to learning sidestroke.

### **Level 5 – “Stroke Refinement”**

In Level 5, students refine all six learned swimming strokes (front crawl, back crawl, elementary backstroke, breaststroke, butterfly, and sidestroke). Students continue practicing swimming at greater distances.

### **Level 6 – “Swimming and Skill Proficiency”**

Level 6 continues to focus on stroke refinement, while discussing how to use these strokes efficiently and with ease. Important safety topics are discussed in Level 6, and prepares participants for Competitive Swimming or Lifeguarding.

### **Junior Lifeguarding**

Junior Lifeguarding is designated for children ages 12 through 15 who have successfully completed Level 5 of our Learn-to-Swim program. This 1.5 hour long class introduces students to the fundamentals of lifeguarding, basic rescues, and identifying emergencies. This is a great introductory course for those considering becoming a lifeguard. Participants who successfully complete the course will receive Junior Lifeguard and First Aid Certification.

***Need help selecting a class? E-mail Becca at [rdavid@waukeshacounty.gov](mailto:rdavid@waukeshacounty.gov) or 262-548-7801***

